

PRO-FORM[®]

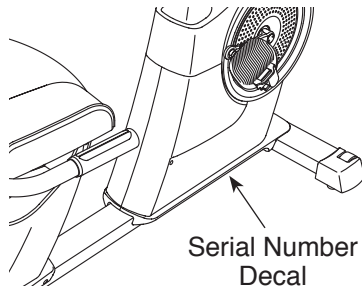
320 CX

www.proform.com

Model No. PFEX63912.0

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

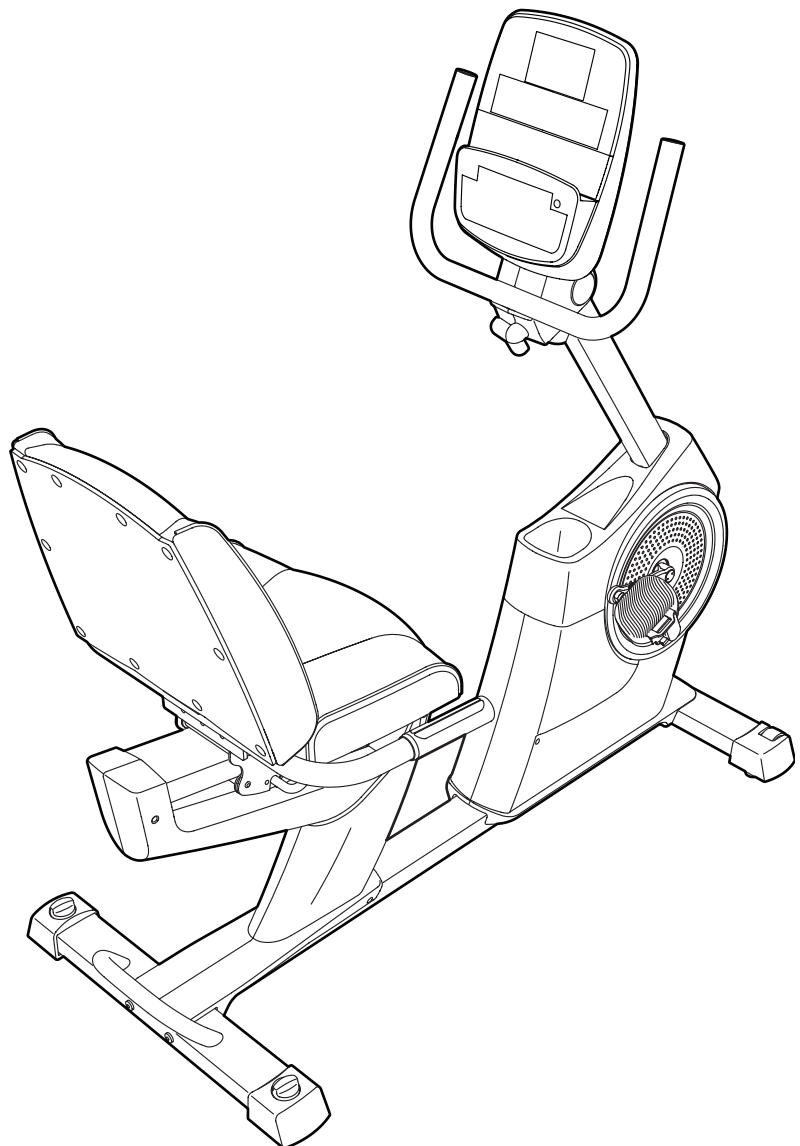
1-888-533-1333

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.proformservice.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

FREE

iFIT[®]



HOW-TO
VIDEOS

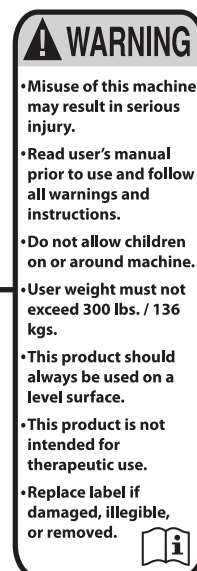
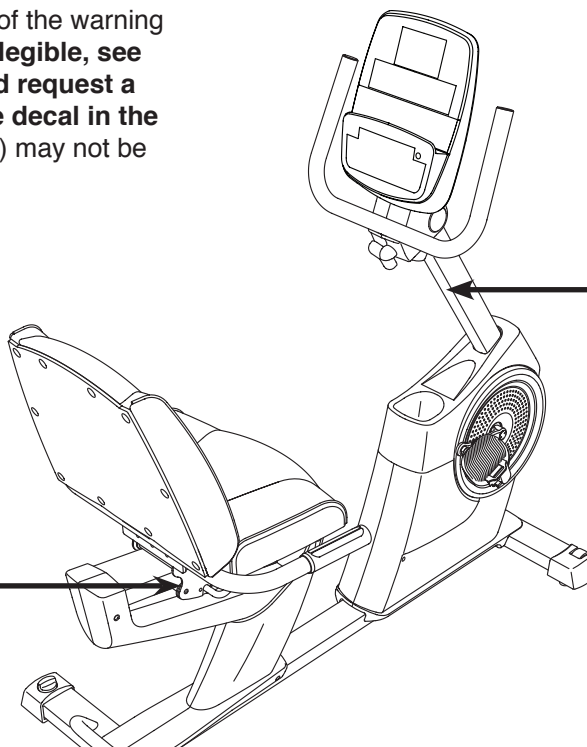
www.iFit.com

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).
11. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

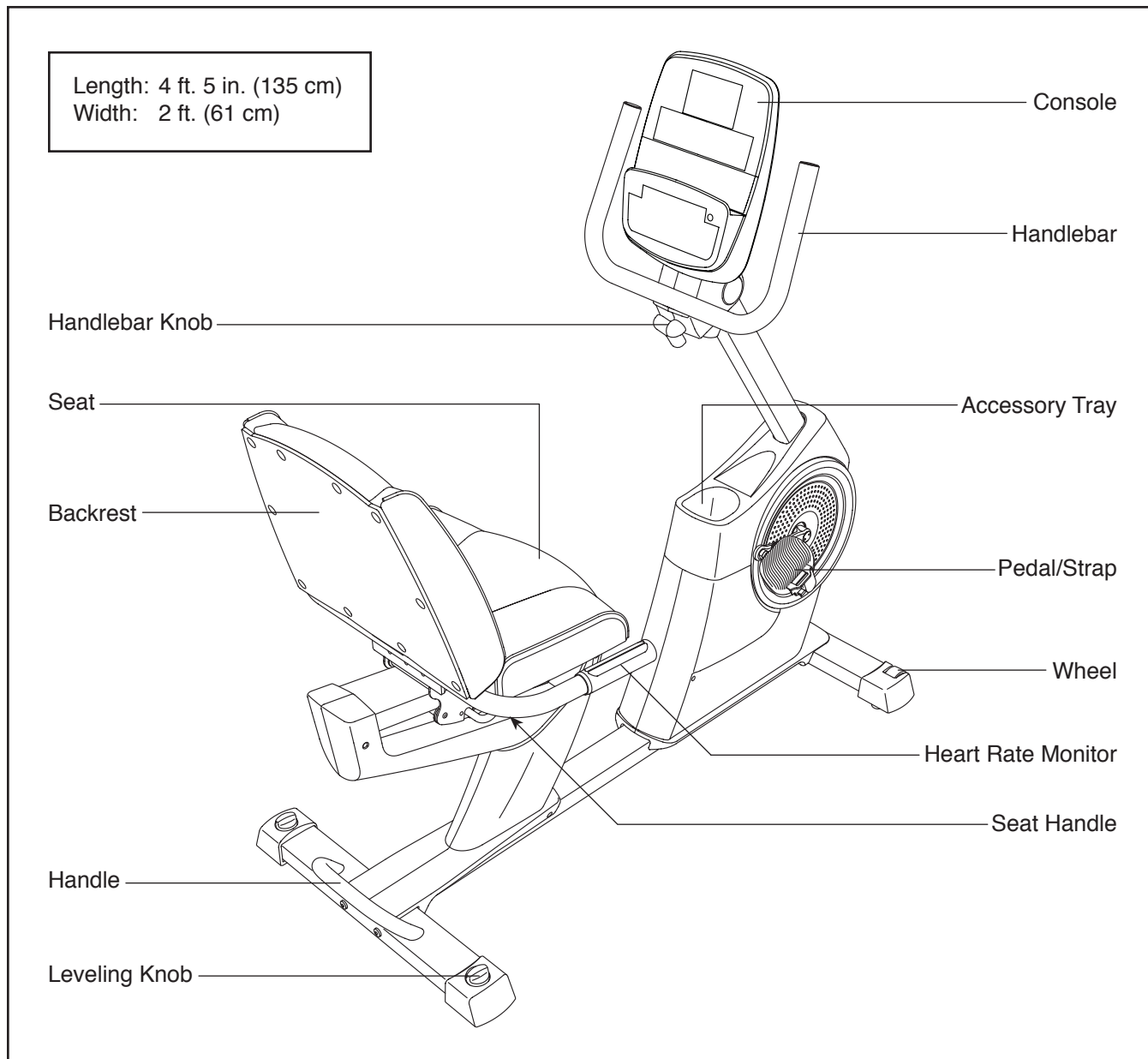
BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 320 CX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 320 CX exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after

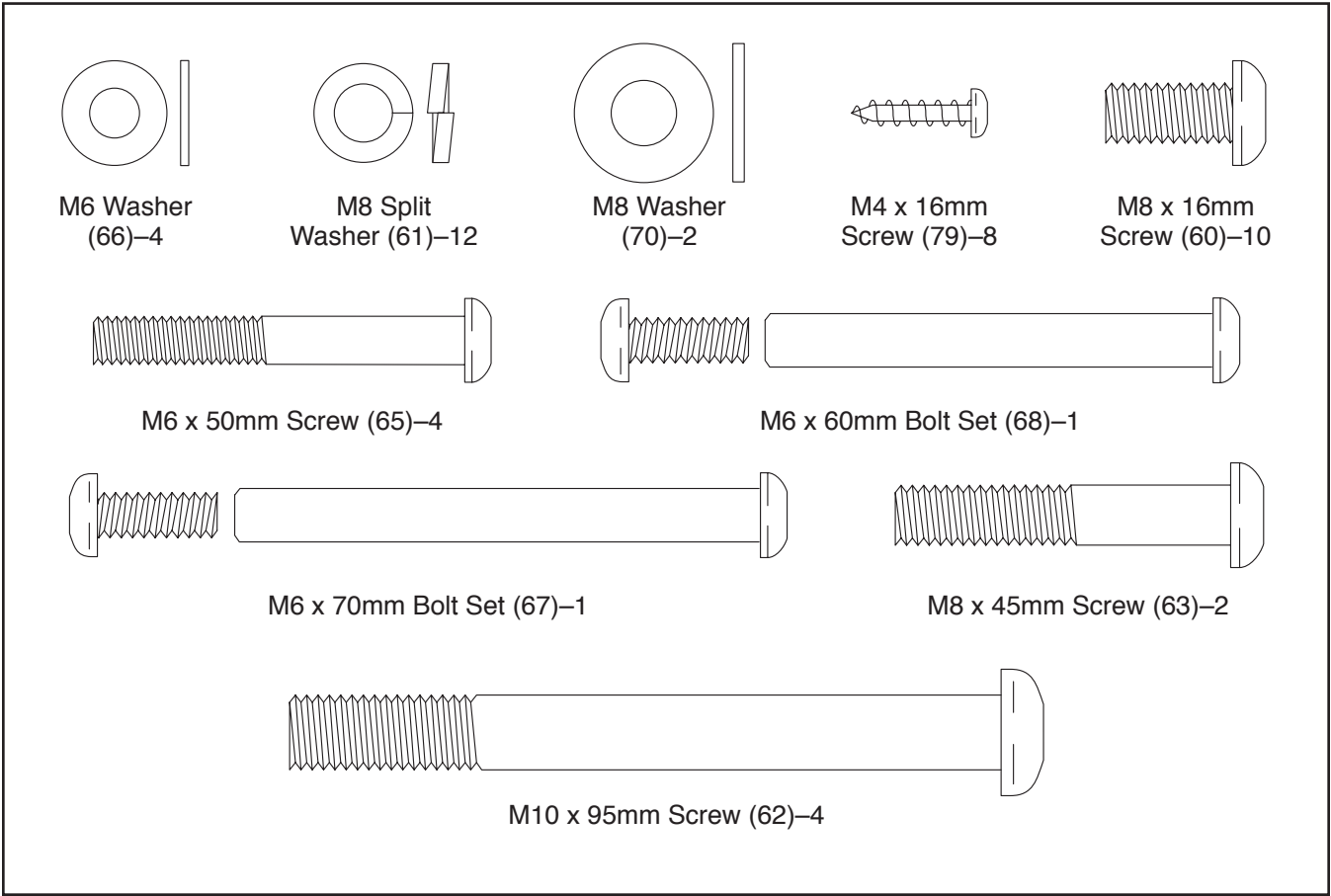
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**

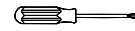


ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver

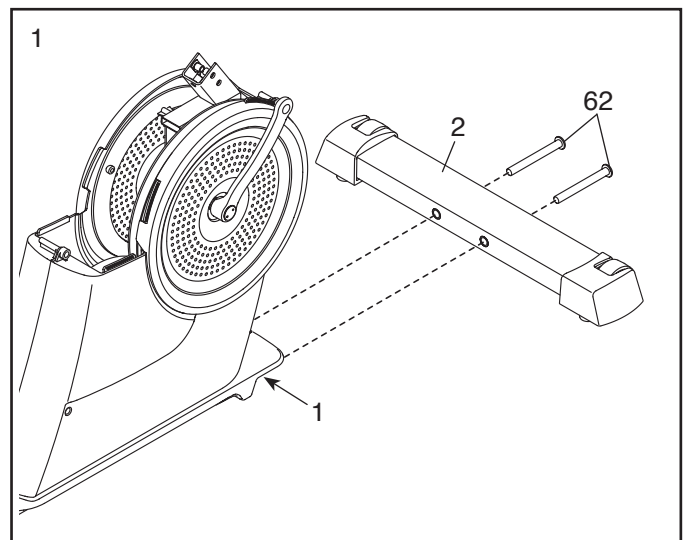


one adjustable wrench

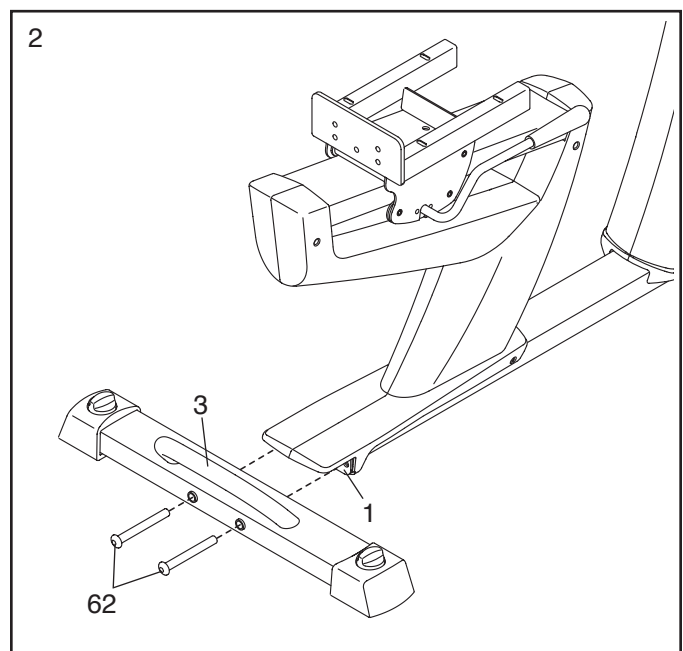


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. While another person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 95mm Screws (62).



2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (3) to the Frame with two M10 x 95mm Screws (62).

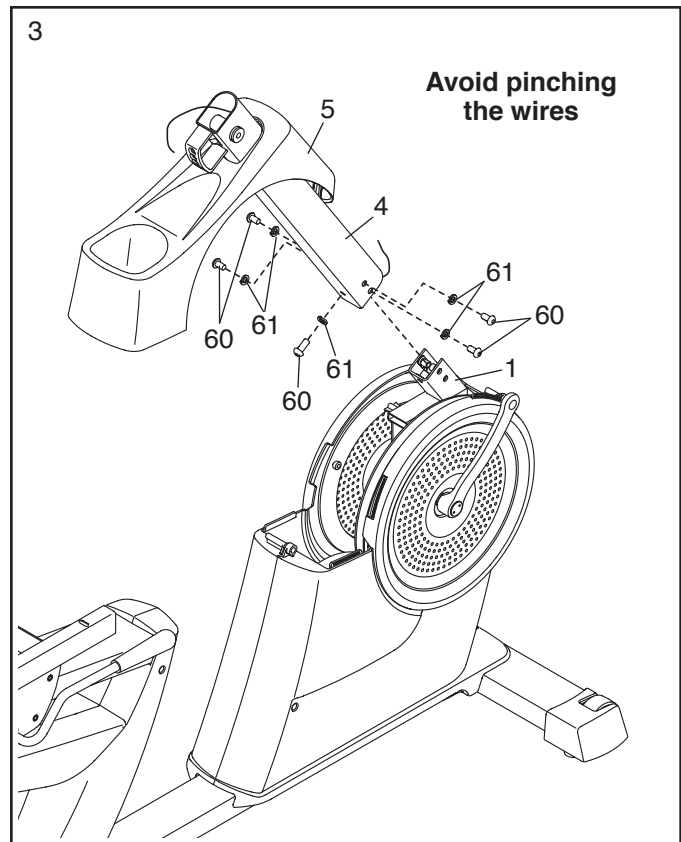


3. Slide the Shield Cover (5) upward onto the Upright (4).

Have a second person hold the Shield Cover (5) around the Upright (4) until you complete step 4.

Tip: Avoid pinching the wires inside the Frame (1). Slide the Upright (4) onto the Frame.

Attach the Upright (4) with five M8 x 16mm Screws (60) and five M8 Split Washers (61).

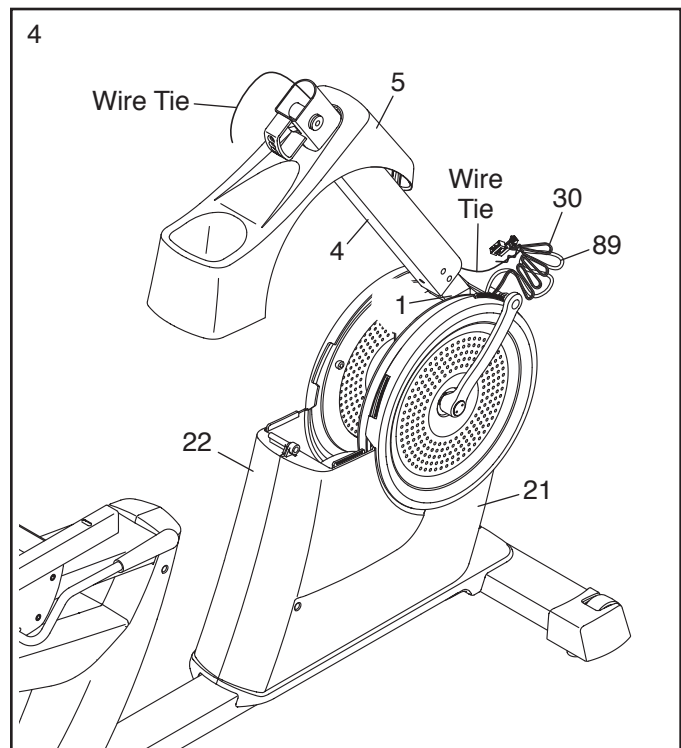


4. Locate the wire tie inside the Upright (4). Then, locate the Main Wire (89) and the Frame Pulse Wire (30) inside the Frame (1).

Tie the lower end of the wire tie to the ends of the Main Wire (89) and the Frame Pulse Wire (30).

Then, pull the other end of the wire tie upward until the Main Wire (89) and the Frame Pulse Wire (30) are routed completely through the Upright (4).

Then, slide the Shield Cover (5) downward and press it onto the Right and Left Front Shields (21, 22).

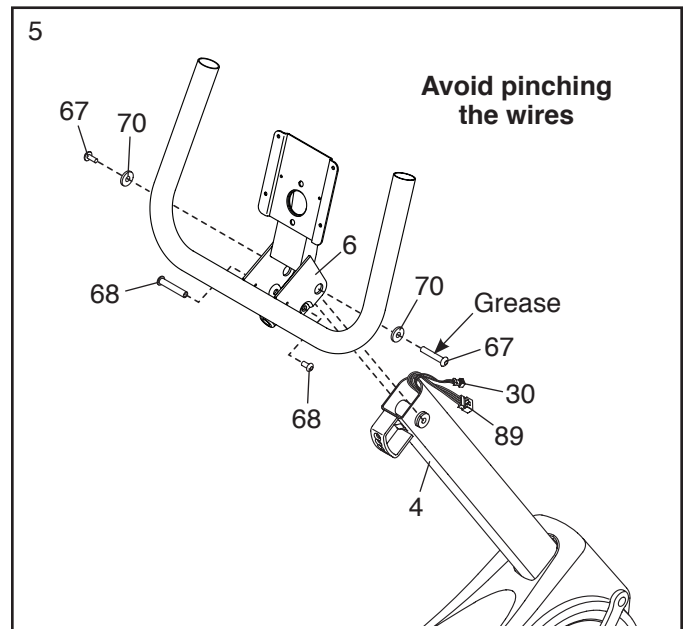


5. **Make sure that the Main Wire (89) and the Frame Pulse Wire (30) are in the location shown.**

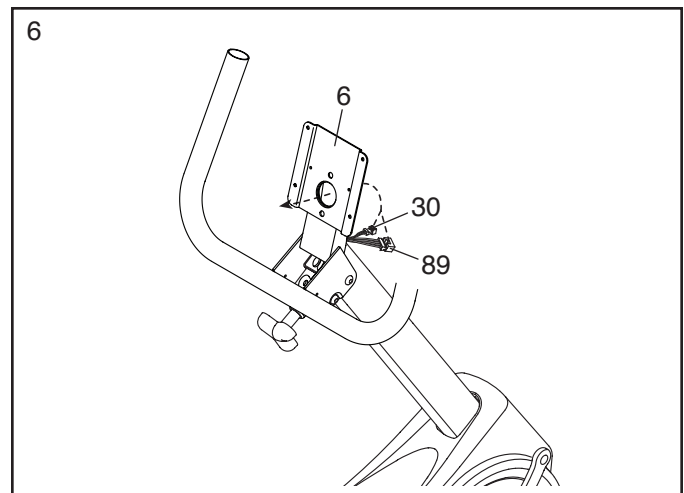
Using a small plastic bag to keep your fingers clean, apply a coat of the included grease to an M6 x 70mm Bolt Set (67).

Tip: Avoid pinching the wires. Attach the Handlebar (6) to the Upright (4) with the M6 x 70mm Bolt Set (67) and two M8 Washers (70).

Then, attach an M6 x 60mm Bolt Set (68) through the lower bracket on the Handlebar (6). **Make sure that the Bolt Set is inside the bracket.**



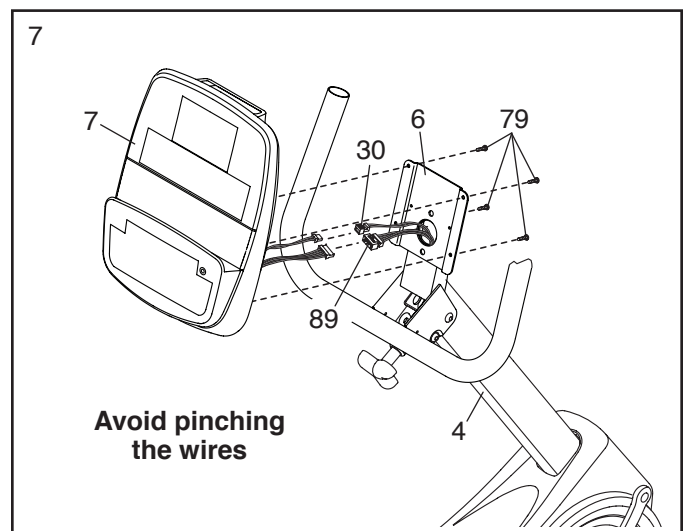
6. Insert the Main Wire (89) and the Frame Pulse Wire (30) upward through the indicated hole in the Handlebar (6).



7. While another person holds the Console (7) near the Handlebar (6), connect the wires on the Console to the Main Wire (89) and the Frame Pulse Wire (30).

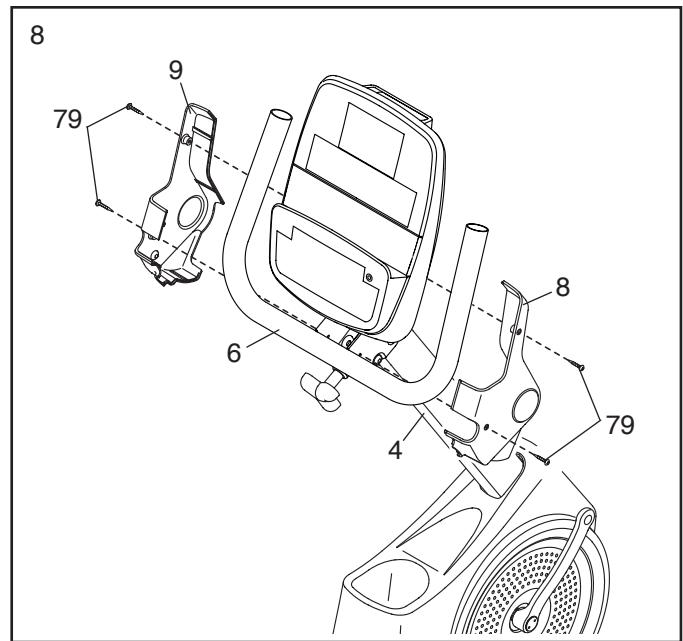
Insert the excess wire downward into the Upright (4) or upward into the Console (7).

Tip: Avoid pinching the wires. Attach the Console (7) to the Handlebar (6) with four M4 x 16mm Screws (79).

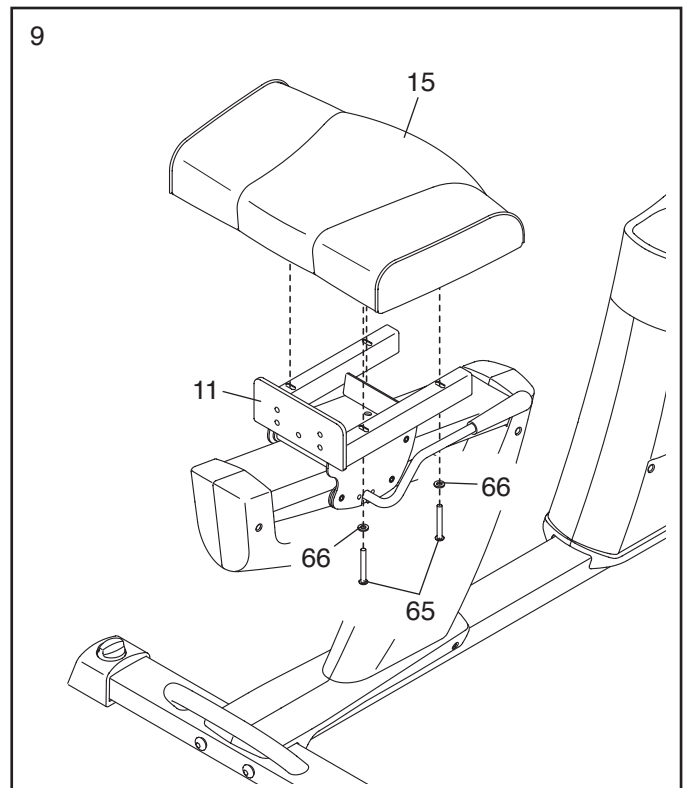


8. Identify the Right and Left Handlebar Covers (8, 9).

Attach the Right and Left Handlebar Covers (8, 9) around the Handlebar (6) and the Upright (4) with four M4 x 16mm Screws (79).

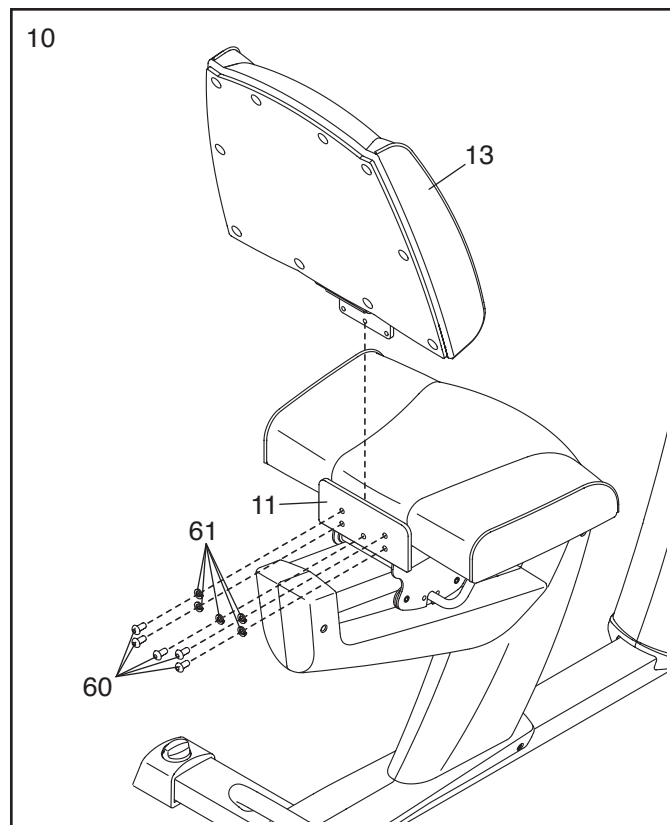


9. Attach the Seat (15) to the Seat Carriage (11) with four M6 x 50mm Screws (65) and four M6 Washers (66) (only two of each are shown).
Note: The Screws and Washers may be pre-attached to the underside of the Seat.



10. Attach the Backrest (13) to the Seat Carriage (11) with five M8 x 16mm Screws (60) and five M8 Split Washers (61).

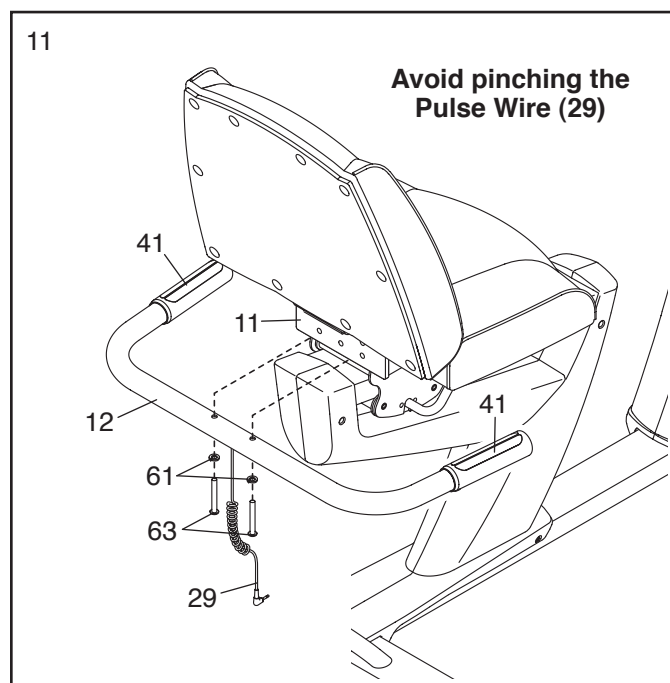
Tip: It may be helpful to adjust the seat during this step. See **HOW TO ADJUST THE SEAT** on page 13.



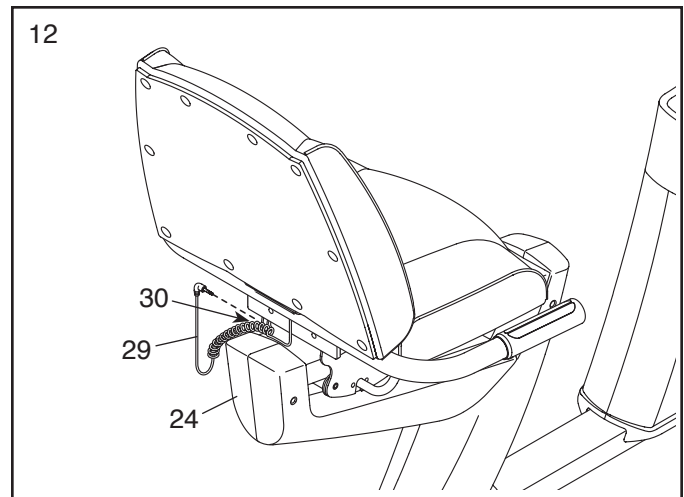
11. Identify and orient the Pulse Bar (12) so that the Pulse Grips (41) face upward.

Tip: Avoid pinching the Pulse Wire (29). While a second person holds the Pulse Bar (12), attach the Pulse Bar to the Seat Carriage (11) with two M8 x 45mm Screws (63) and two M8 Split Washers (61).

Tip: It may be helpful to adjust the seat during this step. See **HOW TO ADJUST THE SEAT** on page 13.



12. Plug the Pulse Wire (29) into the Frame Pulse Receptacle (30) located in the Left Seat Shield (24).

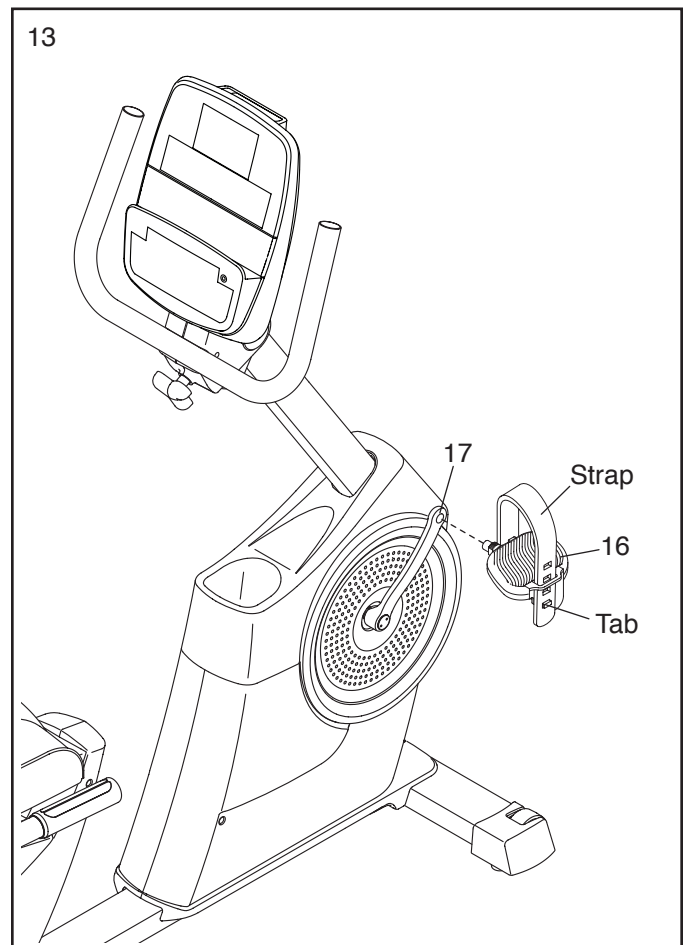


13. Identify the Right Pedal (16).

Using an adjustable wrench, **firmly tighten** the Right Pedal (16) **clockwise** into the Right Crank Arm (17).

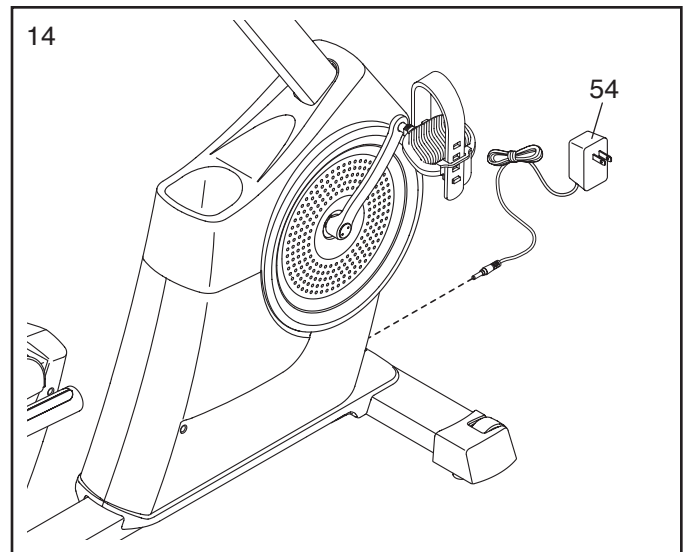
Firmly tighten the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

Adjust the right strap to the desired position, and press the ends of the strap onto the tabs on the Right Pedal (16). **Adjust the strap on the Left Pedal (not shown) in the same way.**



14. Plug the Power Adapter (54) into the receptacle on the frame of the exercise bike.

Note: To plug the Power Adapter (54) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



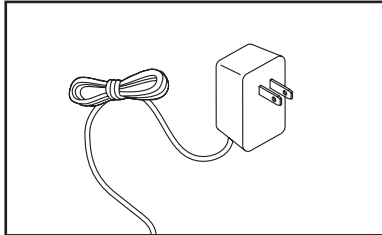
15. **Make sure that all parts of the exercise bike are properly tightened.** Note: Extra parts may be included. To protect the floor or carpet from damage, place a mat under the exercise bike.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

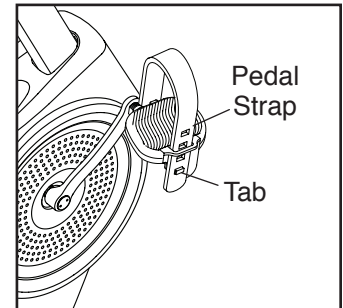
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle the frame of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



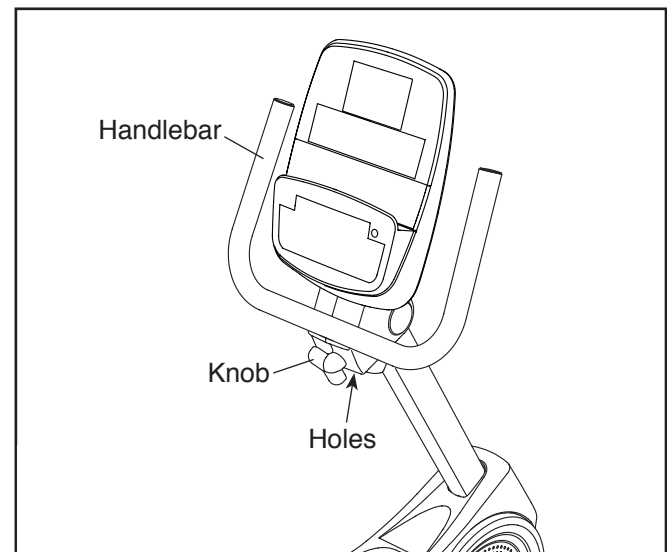
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



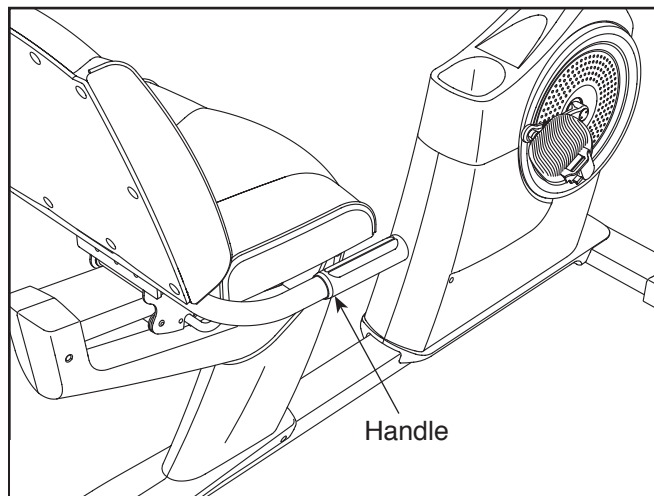
HOW TO ADJUST THE ANGLE OF THE HANDLEBAR

To adjust the angle of the handlebar, first loosen the knob a few turns. Next, pull the knob outward, pivot the handlebar to the desired angle, and then release the knob into an adjustment hole. **Make sure that the knob is engaged in one of the adjustment holes.** Then, tighten the knob.



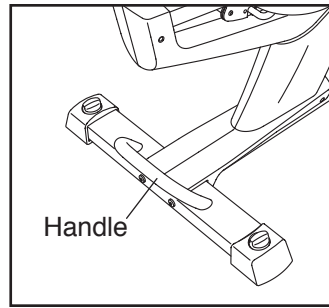
HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable. To adjust the seat, push downward on the seat handle, slide the seat to the desired position, and then pull upward on the seat handle to lock the seat in place.



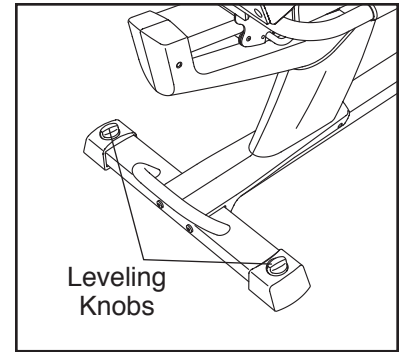
HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, hold the handle on the rear stabilizer and carefully lift it until the exercise bike can be moved on the front wheels. Carefully move the exercise bike to the desired location and then lower it.

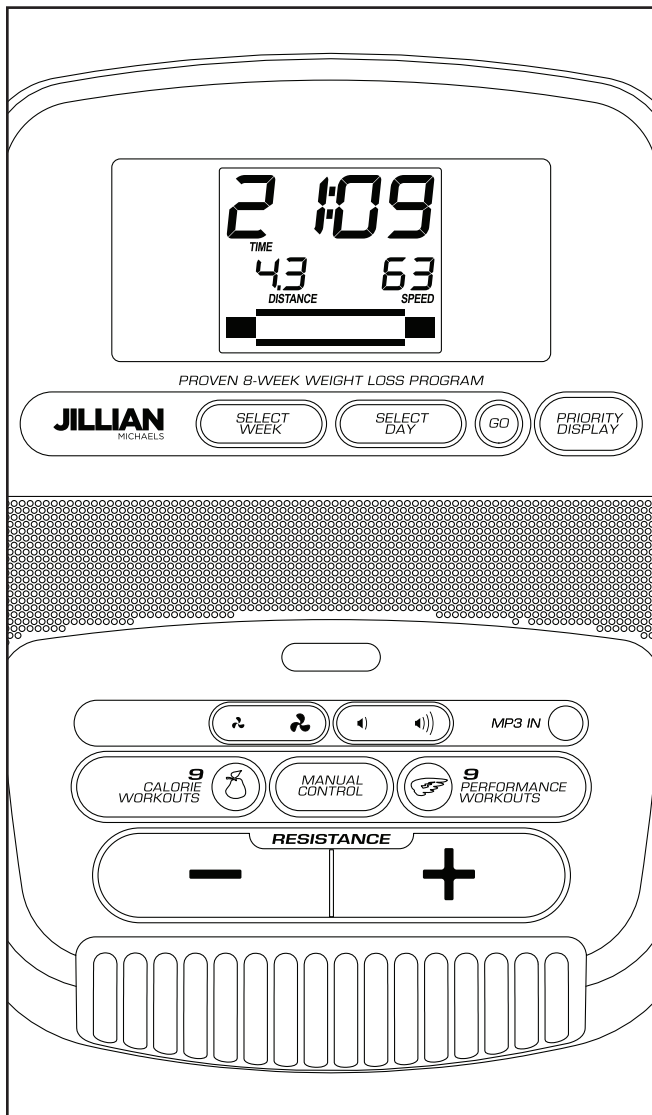


HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling knobs on the rear stabilizer and adjust the leveling feet until the rocking motion is eliminated.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor.

Lose unwanted pounds with the progressive 8-week weight-loss program. Each workout in the program controls the resistance of the pedals as it guides you through an effective workout designed to help you achieve the results you want.

The console also offers a selection of preset workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 16. **To use an 8-week weight-loss workout**, see page 18. **To use a preset workout**, see page 19. **To use the sound system**, see page 20. **To change console settings**, see page 20.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO ACTIVATE THE CONSOLE

The included power adapter must be used to operate the exercise bike. See HOW TO PLUG IN THE POWER ADAPTER on page 13. When the power adapter is plugged in, the displays will turn on and the console will be ready for use.

HOW TO TURN OFF THE CONSOLE

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the exercise bike may wear prematurely.**

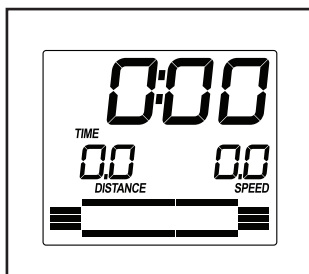
HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

See HOW TO ACTIVATE THE CONSOLE above.

2. **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Manual Control button.



3. **Change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

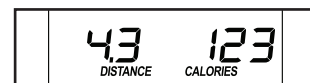
Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

The center left display—This display can show the elapsed time and the distance in miles or kilometers that you have pedaled. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The center right display—This display can show your pedaling speed in revolutions per minute and the approximate number of calories that you have burned.



This display also shows your heart rate when you use the handgrip heart rate monitor (see step 5).

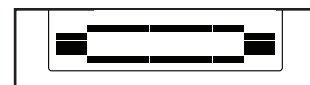
The upper display—This display can show the elapsed time, the distance that



you have pedaled, your pedaling speed, and the approximate number of calories you have burned. Press the Priority Display button repeatedly until the upper display shows the information that you are most interested in viewing.

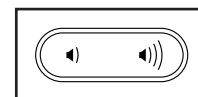
Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

The lower display—This display will show a track representing 1/4 mile



(400 m). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

To change the volume level of the console, press the volume increase and decrease buttons.

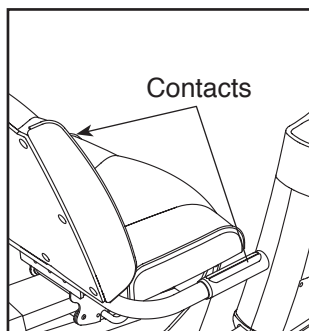


Note: The console can show pedaling speed and distance in either miles or kilometers. To view or change the unit of measurement, see HOW TO CHANGE CONSOLE SETTINGS on page 20.

5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic.

To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

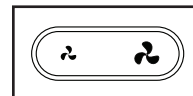


When your pulse is detected, your heart rate will be shown in the display. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

The fan has low and high speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds the fan will turn off automatically.

7. When you are finished exercising, the console will turn off automatically.

See HOW TO TURN OFF THE CONSOLE on page 16.

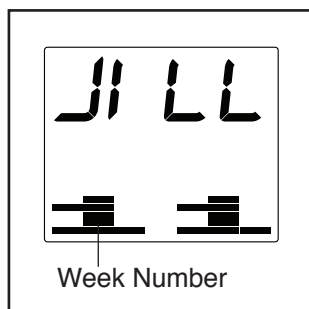
HOW TO USE AN 8-WEEK WEIGHT-LOSS WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

See HOW TO ACTIVATE THE CONSOLE on page 16.

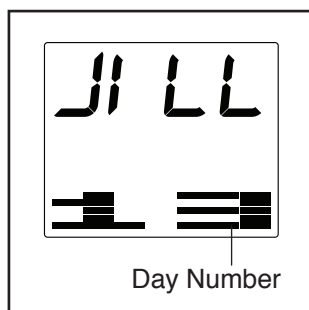
2. **Select the desired week of the program.**

To select the desired week of the program, press the Select Week button repeatedly until the number of the desired week appears in the lower left display.



3. **Select the desired day of the program.**

There are three day workouts for each week of the program. To select the desired day of the program, press the Select Day button repeatedly until the number of the desired day appears in the lower right display.



4. **Start the workout.**

Press the Go button and begin pedaling to start the workout.

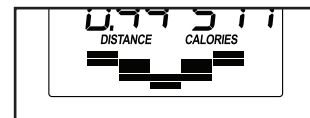
Each workout is divided into one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of

the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the lower display, increase your pedaling speed. When a downward-pointing arrow appears, decrease your pedaling speed. When no arrow appears, maintain your current pedaling speed.**



IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will pause and flash in the display. To restart the workout, simply resume pedaling.

5. **Follow your progress with the display.**

See step 4 on page 16.

6. **Measure your heart rate if desired.**

See step 5 on page 17.

7. **Turn on the fan if desired.**

See step 6 on page 17.

8. **When you are finished exercising, the console will turn off automatically.**

See HOW TO TURN OFF THE CONSOLE on page 16.

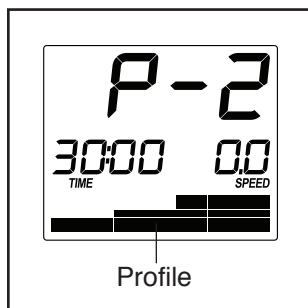
HOW TO USE A PRESET WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO ACTIVATE THE CONSOLE on page 16.

2. Select a preset workout.

To select a preset workout, press the Calorie Workouts or the Performance Workouts button repeatedly until the name of the desired workout appears in the display.



The workout duration, the maximum speed, and a profile of the resistance levels will also appear in the display.

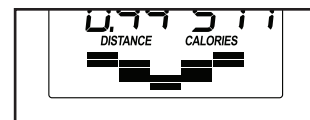
3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the lower display**, increase your pedaling speed. **When a downward-pointing arrow appears**, decrease your pedaling speed. **When no arrow appears**, maintain your current pedaling speed.



IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will pause and flash in the display. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 16.

5. Measure your heart rate if desired.

See step 5 on page 17.

6. Turn on the fan if desired.

See step 6 on page 17.

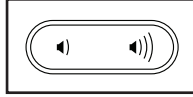
7. When you are finished exercising, the console will turn off automatically.

See HOW TO TURN OFF THE CONSOLE on page 16.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

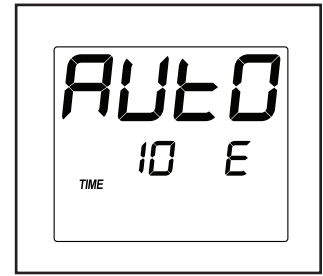


HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to select a backlight option for the console and to view console usage information.

To select the user mode, press and hold down the Priority Display button for a few seconds until the user mode information appears in the display.

The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns off the backlight.



The upper display will show the currently selected backlight option. Press the Resistance increase button repeatedly to select the desired backlight option.

The console can show pedaling speed and distance in either miles or kilometers.

The lower right display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the lower right display. To change the unit of measurement, press the Resistance decrease button repeatedly.

The lower left display will show the total number of hours that the console has been used since the exercise bike was purchased.

Press the Priority Display button to save the console settings and exit the user mode.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

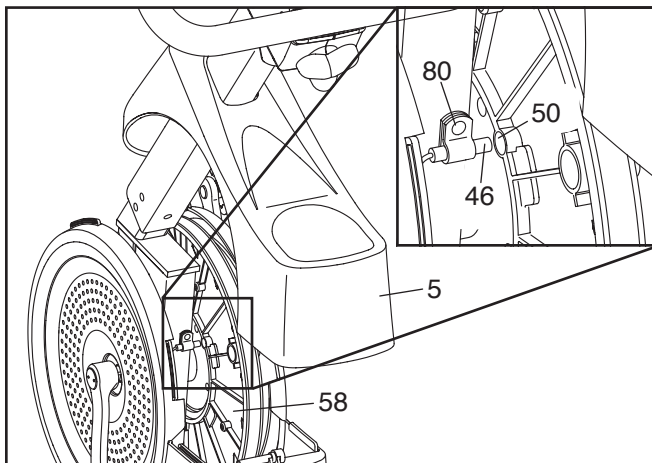
CONSOLE TROUBLESHOOTING

If the handgrip heart rate monitor does not function properly, see step 5 on page 17.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first **unplug the power adapter**. Using a flat screwdriver, release the tabs on the Shield Cover (5) and pull the Shield Cover upward.



Locate the Reed Switch (46). Turn the Pulley (58) until a Magnet (50) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 13mm Self-tapping Flange Screw (80). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Plug in the power adapter and turn the Pulley for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the shield cover.

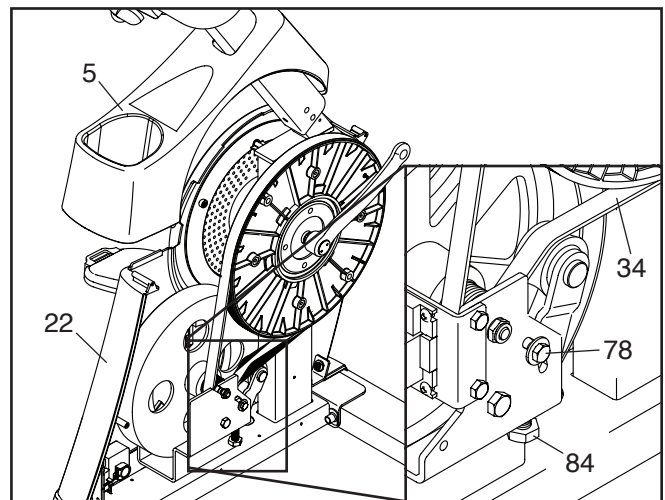
HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

To adjust the drive belt, first **unplug the power adapter**. Then, you must first remove the right pedal, the shield cover, and the right front shield.

Using an adjustable wrench, turn the right pedal counterclockwise and remove it.

Next, using a flat screwdriver, release the tabs on the Shield Cover (5) and pull the Shield Cover upward.



Then, remove all the screws from the Left and Right Front Shields (22, not shown); **there are three sizes of screws in the Front Shields—note which size of screw you remove from each hole**. Then, gently pull the Right Front Shield away from the frame.

Loosen the M6 x 20mm Hex Screw (78). Tighten the M10 x 50mm Hex Screw (84) until the Drive Belt (34) is tight. When the Drive Belt is tight, tighten the M6 x 20mm Hex Screw.

Then, reattach the front shields, the shield cover, and the right pedal.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

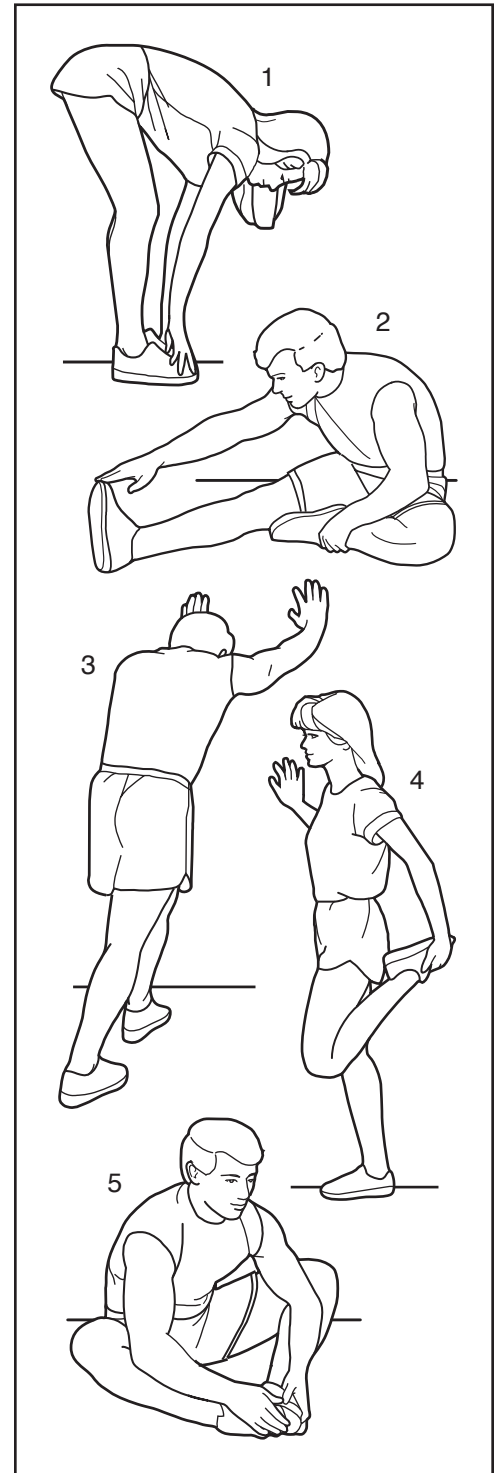
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

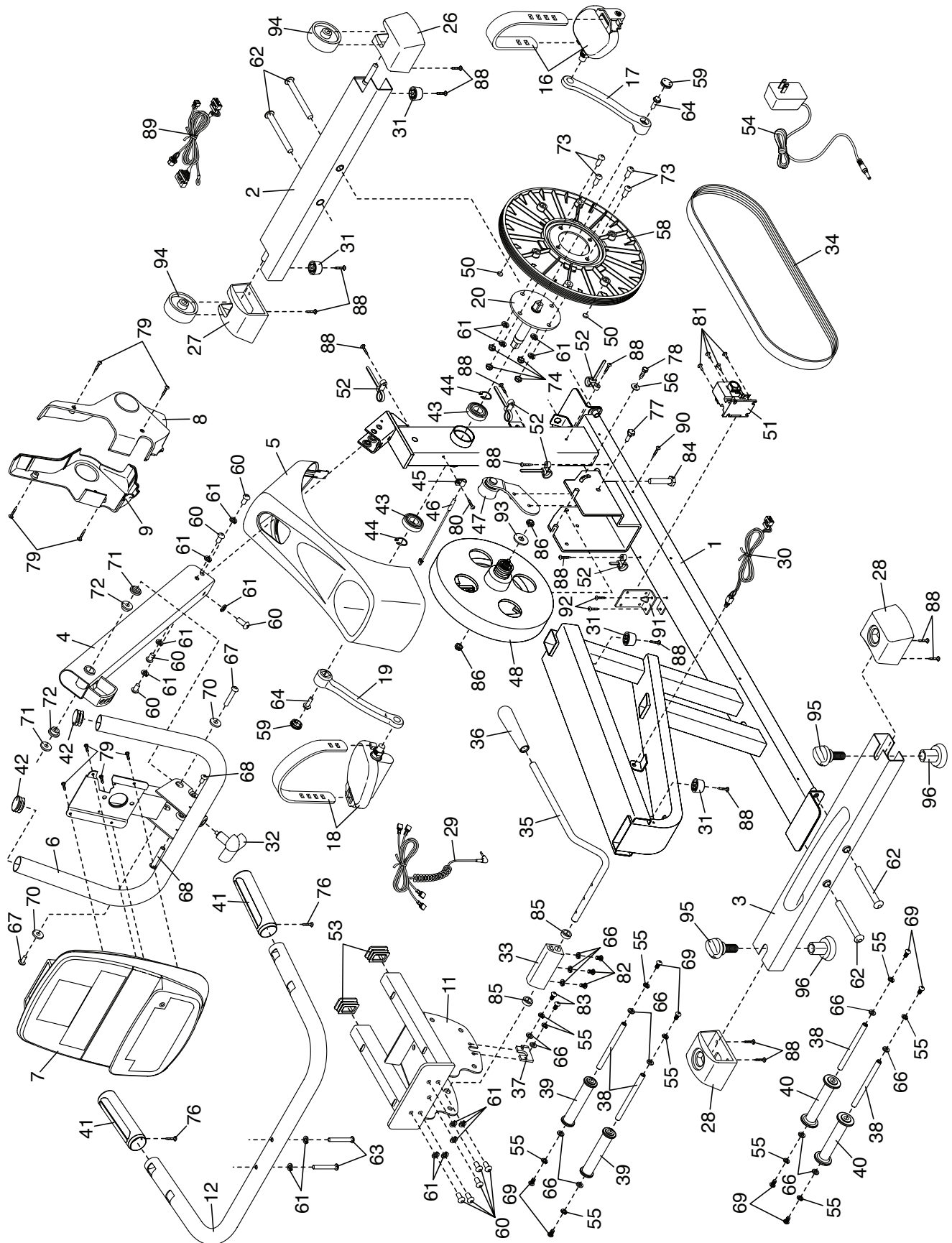
Model No. PFEX63912.0 R0812A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Resistance Motor
2	1	Front Stabilizer	52	5	Wire Clamp
3	1	Rear Stabilizer	53	2	Seat Carriage Cap
4	1	Upright	54	1	Power Adapter
5	1	Shield Cover	55	10	M6 Split Washer
6	1	Handlebar	56	1	M6 x 18mm Washer
7	1	Console	57	1	Snap Fastener
8	1	Right Handlebar Cover	58	1	Pulley
9	1	Left Handlebar Cover	59	2	Crank Arm Cap
10	1	Seat Bracket	60	10	M8 x 16mm Screw
11	1	Seat Carriage	61	16	M8 Split Washer
12	1	Pulse Bar	62	4	M10 x 95mm Screw
13	1	Backrest	63	2	M8 x 45mm Screw
14	1	Backrest Cover	64	2	5/16" Flange Screw
15	1	Seat	65	4	M6 x 50mm Screw
16	1	Right Pedal/Strap	66	17	M6 Washer
17	1	Right Crank Arm	67	1	M6 x 70mm Bolt Set
18	1	Left Pedal/Strap	68	1	M6 x 60mm Bolt Set
19	1	Left Crank Arm	69	8	1/4" x 16mm Screw
20	1	Crank	70	2	M8 x Washer
21	1	Right Front Shield	71	2	Handlebar Bushing
22	1	Left Front Shield	72	2	Upright Bushing
23	1	Right Seat Shield	73	4	M8 x 20mm Bolt
24	1	Left Seat Shield	74	4	M8 Locknut
25	4	M6 x 20mm Flat Head Screw	75	3	M4 x 25mm Screw
26	1	Right Front Stabilizer Cap	76	2	M4 x 12mm Screw
27	1	Left Front Stabilizer Cap	77	1	M6 x 15mm Shoulder Screw
28	2	Rear Stabilizer Cap	78	1	M6 x 20mm Hex Screw
29	1	Pulse Wire	79	8	M4 x 16mm Screw
30	1	Frame Pulse Wire/Receptacle	80	1	M4 x 13mm Self-tapping Flange Screw
31	4	Foot/Bumper	81	4	M4 x 12mm Flange Screw
32	1	Knob	82	3	M6 x 16mm Screw
33	1	Brake	83	2	1/4" x 14mm Screw
34	1	Drive Belt	84	1	M10 x 50mm Hex Screw
35	1	Seat Lever	85	2	Brake Spacer
36	1	Seat Handle	86	2	M8 Jam Nut
37	1	Seat Lever Bracket	87	10	Fastener
38	4	Axle	88	29	M4 x 19mm Screw
39	2	Upper Roller	89	1	Main Wire
40	2	Lower Roller	90	1	M4 x 13mm Bright Screw
41	2	Pulse Grip	91	1	Motor Bracket
42	2	Handlebar Cap	92	2	M4 x 10mm Flange Screw
43	2	Bearing	93	1	Spacer
44	2	Snap Ring	94	2	Wheel
45	1	Clamp	95	2	Leveling Knob
46	1	Reed Switch/Wire	96	2	Leveling Foot
47	1	Idler	*	—	User's Manual
48	1	Flywheel/Mechanism	*	—	Assembly Tool
49	1	M4 x 16mm Phillips Screw	*	—	Grease Packet
50	2	Magnet			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

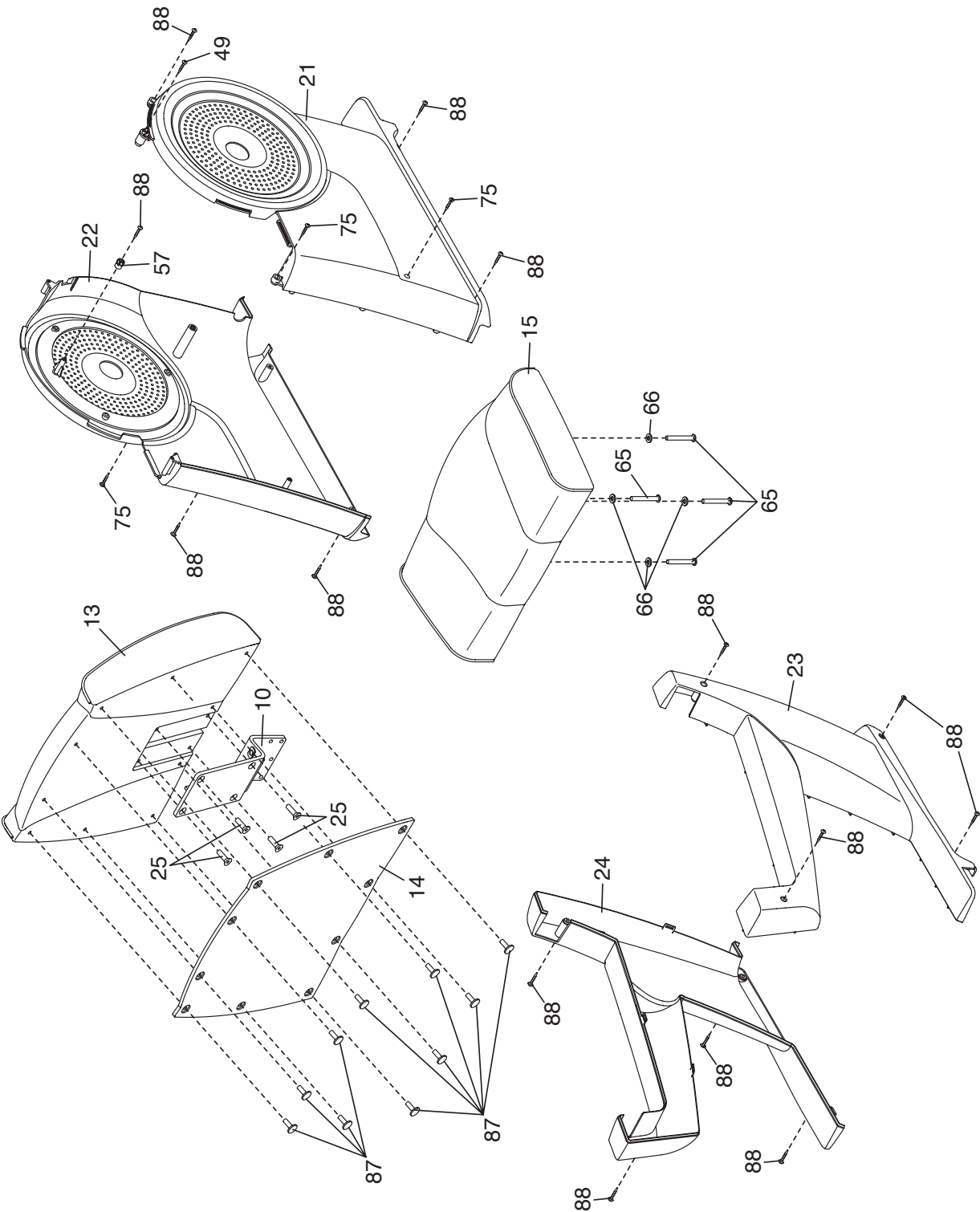
EXPLODED DRAWING A

Model No. PFEX63912.0 R0812A



EXPLODED DRAWING B

Model No. PFEX63912.0 R0812A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for seven (7) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813